



CARDIO/STRENGTH CLASSES

Body Combat – Get ready to be unleashed! This fiercely energetic class is inspired by martial arts and draws from the disciplines of Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Burn calories as you punch, kick, and kata while listening to driving music.

Body Pump – The first phenomenon to combine high repetition weight training and high energy into one exercise program. Participants use a combination of free weights and a barbell to strengthen major muscle groups.

Body Pump Express – Thirty minutes of intense weight training for **participants who are already warmed up**. Lunges & squats, chest, back, biceps, tricep BP tracks will be the focus. Set-up early because class starts at exactly 7:55a (Wed) or 8:00a (Fri)!!

Bootcamp –Get ready to sweat, as you reap the benefits of this ultimate calorie-burning hour of cardiovascular drills, plyometric exercises and more!

Bosu Blast – BOSU (“Both Sides Up”) challenges both mind and body to maintain posture and balance on a dynamic surface. This class combines cardiovascular work, strength training, and balance exercises on the BOSU.

Cardio Attack – Taught by phenom instructor, Gemma Benson, this class combines athletic aerobic movements with strength and balance. Ideal for anyone wanting a cardiovascular challenge!

Cardio Circuit – Taught by personal trainers, this athletic class combines cardio drills, calisthenics, strength training and more!

Core Conditioning – Thirty- minute class that strengthens and stabilizes the entire core: rectus abdominis, obliques, hip flexors, glutes, hamstrings, and lower back extensor muscles. Cutting-edge floor work and stability ball exercises will be experience

Nia – Enjoy an approach to fitness that addresses the whole person: mind, body, emotions and spirit. Nia is an expressive blend of martial arts, dance, yoga and more. Through a variety of dance-like routines, Nia delivers a deceptively powerful cardiovascular workout that will enhance your coordination and leave you toned, strong and energized. Enjoy delicious musical grooves from around the world, and expect to be moved!

Fitness Explosion – A challenging, high-energy class that incorporates intervals of strength and cardio. This class is similar in style to a bootcamp class...be prepared to sweat!

Gentle Nia – Enjoy this expressive blend of martial arts, dance and yoga at a lighter pace. A perfect class for those beginning to exercise or needing a gentler version of Nia.

Power Sculpt – This action packed class will use all studio equipment: weights, balls, steps, tubes etc, giving you a total body workout. Segments of cardio interval training are included to further challenge your entire body!

Power Walk & Stretch – As a Master Trainer for the Reebok Walking Program, Carole McKeon brings years of expertise, energy and enthusiasm to this low impact cardio hour. If you want to burn calories, increase cardio fitness and improve flexibility, this class is for you! All fitness levels welcome!

Strictly Strength – This multi-level class is for anyone who wants to develop muscular strength and endurance. We'll tackle basic resistance training exercises using traditional, strategic weight training principles. This easy-to-follow workout challenges every major muscle group using a variety of equipment.

Total Step – A challenging cardio workout consisting of choreographed segments on and off the classic Step, invented by fitness expert, Gin Miller. Work hard, burn fat while having fun exercising to motivating dance music!

Total Body Conditioning – (TBC) A triple whammy! This class integrates segments of aerobic conditioning, strength training, and core development. Easy to follow and guaranteed to challenge every fitness level!

Tred & Shed – Can't get motivated to turn on the treadmill? This class will give you all the push you need! Personal trainers will coach you through this workout as you walk quickly, up an incline, walk backwards – anything goes in this easy-to-follow class. Just bring your energy, and join us on the fitness floor for this un-intimidating workout that will have you shedding extra pounds while having fun.

ZUMBA – Traditional Latin dance styles fuse with easy to follow aerobic moves to create a dynamic cardiovascular workout! Get ready to sweat and have a blast!



Cardio/Strength Classes

June 1 – August 15
2010

All classes are MULTI-LEVEL and held in the Main Studio unless otherwise noted. "**Plum**" denotes new class, new time, or new instructor. We will be closed on Sunday, July 4 ----- Independence Day.

MONDAY	6:00-7:00a 8:30-9:30a 11:00-12:00p 4:30-5:30p 6:00-7:00p	Boot Camp Total Body Conditioning Nia Body Pump Tred 'n Shed	Aaron Lisa H. Margaret Michelle Michele
TUESDAY	5:30-6:30a 8:00-8:25a 9:30-10:15a 10:20-11:20a 12:30-1:30p 5:00-6:00p 5:30-6:30p	Strength/Core Conditioning Core Conditioning Cardio Kickboxing Body Pump Nia Fitness Explosion *meets at Fitness Desk Total Step	Sue Lora Amy C. Maria Pat J.P. Jodi
WEDNESDAY	6:00a-7:00a 7:55-8:25a 8:30-9:25a 9:00-10:00a 9:30-10:25a 11:35-12:45a 6:15-7:15p	Boot Camp Body Pump Xpress! BOSU Blast!!!! Boot Camp *meets on the track Power Sculpt Nia Body Pump	Aaron Lora Lora Julie Lora Margaret Kaye
THURSDAY	5:30-6:30a 8:05-8:55a 9:00-9:25a 10:30-11:30a 5:30-6:30p 5:30-6:30p	Strength/Core Conditioning Simply Strength Core Conditioning Body Pump Total Step Cardio Circuit Training	Sue Loralee Loralee Amy C. Amy/Sue/Lisa Ethan
FRIDAY	8:00-8:30a 8:35-9:35a 9:00-10:00a 5:00-6:00p	Body Pump Xpress! Total Body Conditioning Boot Camp *meets on the track Tred 'n Shed	Amy Lisa H. Myrna Michele
SATURDAY	7:15-7:55a 8:00-8:55a 9:50-10:30a 10:40-11:40a	Strictly Strength Cardio Step Cardio Attack!! Body Pump	Tev Tev Gemma Lauren
SUNDAY	9:10-10:10a 10:15-11:15a	Body Pump Body Combat	Gemma Gemma

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